



“ I only get \$1,000 a month from Social Security and you know how far that goes - pay the bills and nothing is left over for food.” - Dan

ElderShare PROGRAM

Healthy Food for Older Adults



Designed to enrich the diet of seniors by providing nutrient rich foods 

The Central Pennsylvania Food Bank's private ElderShare program provides a monthly box of food to seniors 60 years of age or older whose total household income does not exceed the listed guidelines (see other side). ElderShare is in addition to any other food assistance the participant may receive, except that potential participants cannot be current recipients of the USDA's monthly Commodity Supplemental Food Program (CSFP) for low-income seniors.

What's in the box?

- Cereal and Juice
- Two cans of vegetables
- One can/ package of fruit
- One box (32 fl. oz) of shelf-stable low-fat milk
- Canned meat or fish
- Pasta or rice
- Peanut Butter (every other month)

(Depending on our available inventory, additional items may be added at any time.)

How to register:

A registration form must be completed by each individual senior that wants to receive a box. The senior must go to one of our partner agencies that distribute the boxes and sign-up at that location. They must bring with them their proof of age and proof of income to show that they are at least 60 years of age and that they fall within the requisite income guidelines for eligibility

Once registered, participants will have the opportunity to name a proxy or proxies to pick up their food boxes when they are not able to do so.

For more information, contact:

Adam Peterson, ElderShare Programs Manager, at: 717-547-6337 or apeterson@centralpafoodbank.org.



3908 Corey Road, **Harrisburg**, PA 17109-5929 phone: 717.564.1700 fax: 717.561.4636
3301 Wahoo Drive, **Williamsport**, PA 17701-9205 phone: 570.321.8023 fax: 570.321.8024
www.centralpafoodbank.org

Income Guidelines - Effective July 1, 2019 to June 30, 2020

<i>Household Size</i>	<i>Maximum Yearly Allowable Gross Income</i>	<i>Maximum Monthly Allowable Gross Income</i>
1	\$18,735	\$1,561
2	\$25,365	\$2,114
3	\$31,995	\$2,666
4	\$38,625	\$3,219
5	\$45,255	\$3,771
6	\$51,885	\$4,324
7	\$58,515	\$4,876
8	\$65,145	\$5,429
Each Add'l	\$6,630	\$553